



COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

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Far East Lecture Series

~presented by Professor John F. Kienzle, History Educator. Please register by calling the Council on Aging at (781) 275-6825. Don't miss this fascinating series!

Monday May 11 6:30 PM ~ Korea

Now a divided nation, Communist North and Democratic South, Korea is neither a copy of China nor Japan. Distinct in its history, influenced by its neighbors, this "bridge nation" stands alone. Though different politically, North and South KOREA share an ancient and honorable culture. Come analyze and understand Korea-yesterday, today and tomorrow with Professor Kienzle.

Monday May 18 6:30 PM ~ Southeast Asia

Professor Kienzle presents a survey of key Mainland Southeast Asian Nations: Vietnam, Laos, Cambodia, Myanmar (Burma) and Thailand-Looking at the common threads which unite them culturally AND examining what makes each nation distinct. Much has happened since the Vietnam War and the US is still involved in this region. Come find out how and why.



Real Estate Round Table: May 4 at 1 PM

with Barbara Aldoriso of The Higgins Group

Realtors and Wendy Plansky of A Clean Transition
These lovely ladies will be here to discuss real estate questions you may have and to help evaluate options for the future. Please let COA staff know if you will attend this lively discussion!

The Bedford Council on Aging staff would like to thank the many, many people that made the Jacob Wren Throckmorton Memorial Art Show possible and successful: Jacob's family and friends, Mark Throckmorton's colleagues from HAFB, all the artists who submitted works of art, members of Bedford Arts and Crafts Society, Atria Longmeadow/Burlington, Dan Coughlin (a Concord Senior), Nan Penley (a Bedford Senior), Aleta Devaney (Bedford Public Schools), Tim French (Bedford DPW), Neil (Staples/Burlington) - most importantly, Laura Wallace (Bedford Arts and Crafts Society) without whom this event would not have been the success that it was. Thank you so much for all the time and support you gave to this beautiful event! We look forward to honoring the seniors again next year!

SATURDAYS AT THE COA

We are open 12 - 4 PM!

12:30 Beginner's Italian

1:00 Bridge, cards, pool

1:15 Movie (See page 3 for more details!)

Veterans' Coffee

Wednesday, May 20 at 10:00 AM

Join Tom Moran, Veteran Liaison with Compassionate Care Hospice to have coffee and to converse about years in the service. Tom was in the Army branch and was in The National Guard for 13 1/2 years. All are welcome. Please call to RSVP 781-275-6825.



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✿ JUST FOR FUN ✿

WIZARD MUSIC:

Friday, May 8 at 12:30pm

John Kienzle from Wizard Music will provide music by Jerome Kern on keyboard for easy listening. Come in for lunch, relax and enjoy John's music!



Ken Pruyn on Guitar May 13, 1:30 PM

Back by popular demand and with SURPRISE MUSICAL SELECTIONS. Our very own Ken Pruyn will entertain and delight us. Come relax and enjoy the afternoon!! Of course, we will have sweet treats to munch on!



Breakfast and BINGO Tuesday, May 12 11:30 AM

Brightview is back at the COA! Come play for a chance to win some GREAT prizes! Lunch and prizes will be provided by Brightview Concord River. Please sign up by calling (781) 275-6825.



How to be Happy!

Join Michaela from Atria Longmeadow Place of Burlington on Thursday May 14 at 11:00AM. We'll be discussing 'How to be happy!' Light refreshments provided by the Bedford Council on Aging. Please let us know if you will be attending this lively discussion!

Meet 'Celeste the Rock Star' and 'Moonshine's Lil Candy'

On Saturday May 2 at 12 PM bring your family and meet mini horses 'Celeste the Rock Star' and 'Moonshine's Lil Candy! These two little ladies came from tough beginnings... Rescued by Kathy Murcurio and Holly Saari, these tiny gals have learned to trust and love again and now perform in costume at parades, kindergarten classes, nursing homes, birthday parties, library events, horse shows and more! Come to the Bedford Council on Aging to meet these beautiful girls and enjoy their show! Please let the COA know if you'll be attending by calling (781) 275-6825.



Beginner's Line & Folk Dance!

Have you ever wanted to try line dancing but didn't think you could do it? Join us at the Town Center on Mondays at 7:00 PM with your 'two left feet' for line and folk dance. We'll teach you from the first step! Please call the Council on Aging to sign up, limit 20.



Name That Tune!

Becoming a monthly favorite at the Council on Aging, Laura Blair from Concord Health Care, will be back to present an afternoon of music and fun on **Monday May 18 at 12:30 PM**. Enjoy a snack while you try to recognize some of these old favorites! Please sign up in advance by calling (781) 275-6825.

Have Lunch at the Bedford Café!

A delicious meal, catered by Carleton-Willard and sponsored by Minuteman Senior Services, is served at 11:45 AM on Mondays, Wednesdays, and Fridays. Menus are available at the COA. **Reservations are required** even if you have established a regular schedule. To sign up, call Lisa at 781-275-8542 at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3

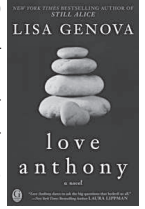


Volunteers Needed!

We are seeking volunteers to help serve lunch at the Bedford Café on Mondays, Wednesdays, and Fridays. For more information, please call Lisa at 781-275-8542. Meals on Wheels drivers are also needed. To volunteer as a driver, please call Diane at 781-221-7093.

Library Book Discussion: Tuesday June 2, 1:00 PM

Staff from the Bedford Free Public Library will be leading a book discussion at the COA on *Love Anthony* by Lisa Genova. "After 14 years of marriage and three children, Beth Ellis discovers her husband is having an affair with a local waitress. Feeling heartbroken, rejected, and alone, Beth wants to recapture the independent, creative spirit she used to be and finds the inspiration to pick up pen and paper once again. What emerges is a startling new voice, one that will become a balm for her wounded soul. Newly separated Olivia Donatelli has just moved into her family's rental cottage. Struggling to understand the unraveling of her marriage, she is also desperate to make sense of her 8 year old autistic son Anthony's short life and accidental death. A chance encounter between these two women develops into an unexpected and meaningful friendship, giving one writer the opportunity to find her voice and a grieving mother a chance to finally understand her son. In *Love Anthony*, readers will discover a unique portrayal of autism that is highly accessible and, at times, deeply profound. Writing with deep empathy and insight, Genova has created an engaging story that fearlessly asks the big questions." --Gladstein, Carol © 2010 Booklist



Saturday Afternoon at the Movies!



Thanks to the FBCOA for our funding!
All movies begin at 1:15 PM



May 2 *Grand Budapest Hotel* (2014) R Between the world wars, Gustave H, the concierge at a prestigious European hotel, takes a bellboy named Zero as a trusted protégé. Meanwhile, the upscale guests are involved in an art theft and a dispute over a vast family fortune.

May 9 *Foxcatcher* (2014) R Preparing for the 1988 Olympics, two sibling wrestlers cross paths with a paranoid schizophrenic millionaire in this drama based on a true story. The competitive Schultz brothers soon learn their new acquaintance is a dangerous distraction.

May 16 *Into the Woods* (2014) PG Woven from a collection of revered fairy tales and characters, this enchanting musical mash-up focuses on a childless couple who venture into the woods hoping to end a curse put on them by a vindictive witch.

May 23 *Unbroken* (2014) PG-13 This inspiring tale of survival is based on the real-life experiences of Louis Zamperini, an American pilot held by the Japanese during World War II. After his plane crashes into the Pacific Ocean, Zamperini spends 47 days adrift before his capture.

May 30 *Wild* (2014) R Undone by a broken marriage and her mother's death, Cheryl Strayed has been on a years-long reckless tear, fueled by addiction and despair. In a bid to save her life, she decides to hike the entire Pacific Crest Trail -- alone and with no experience.

Friends of the Bedford Council on Aging Next Meeting: Tuesday, May 12 at 1:00 PM

FBCOA Annual Membership Dues 2014—2015

INDIVIDUAL	\$5.00	_____
FAMILY	\$7.00	_____
CONTRIBUTION		_____
TOTAL	\$	_____
(Tax deductible contributions gratefully accepted)		
NAME	_____	
ADDRESS	_____	
TOWN/ZIP CODE	_____	
EMAIL:	_____	

If you would like to be reminded when it is time to renew your dues, please email Barbara Purchia: bsrpurchia@aol.com with FBCOA in the subject line.

Fix It Shop is Open for Business!

Regular hours are Tuesdays and Wednesdays from 9:00 AM - Noon. All proceeds benefit the FBCOA. Whether you need a watch battery replaced or your vacuum cleaner needs repairing, the Fix it Shop volunteers can do just about any job!

The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.



Fitness News



MORNING EXERCISE CLASSES

(Taught by Andrea, Sharon & Sophia)

5 classes per week for \$50/month - only \$2.30 per class!

3 classes per week for \$45/month - only \$3.20 per class!

2 classes per week for \$35/month - only \$3.89 per class!

1 class per week for \$20/month - only \$4.62 per class!

How are the classes different you ask?

*Mondays classes (9:00 AM) are taught by Andrea Dollett, a long-time instructor here at the Bedford Council on Aging. Her class is our most intense class of the week, with an optional 30 minute Pilates class following an hour of aerobics and weights.

*Bedford Local Sharon Cummings teaches on Wednesdays (9:00 AM) and Fridays (9:00 AM). These classes are a combination of aerobic exercise and strengthening, stretching and balance work. These two days are our middle level classes.

*Tuesday (9:30 AM) and Thursday (10:00 AM) are taught by Sophia Halilova, also a long-time instructor at the COA. Her class focuses more on joint strengthening, stretching and balance. These classes are our lowest impact morning exercise.

Come join us!
Your body will thank you!

Drop in rate for the above classes is \$5.00/day

BONING UP ON OSTEOPOROSIS!

Beverley J. Ikier, a senior fitness specialist and educator, has partnered with the Bedford Council on Aging to teach alternate approaches to combating various health issues. Osteofitness™ for Osteoporosis and Osteoarthritis is more than just strengthening. The program focuses on joint mobility with progressive resistance training to increase bone density, a training method developed by Miriam Nelson, PhD and others. OsteoFitness™ classes are held on Tuesdays and Fridays at 12:30 PM at the COA. The cost of this program is \$160 (includes 20 classes). Please visit the COA or call to register at (781) 275-6825.



WELLNESS FOR YOUR MIND, BODY, AND SPIRIT

CHAIR EXERCISE: Great for range of motion and balance improvement. This class is practiced in a chair and includes elements of yoga and meditation. **\$65** per 8 week session (Wednesdays at 12:30 PM w/Madeline)

CHAIR YOGA: A gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support. Includes 30-minutes of meditation at the end. Mondays at 9:30 w/Lorraine or Fridays at 9:30 w/Helen; **\$65** per 8 week session *Take both for just \$120!

FLOOR YOGA: This form of yoga is practiced using a mat on the floor. Includes 30-minutes of meditation at the end. Mondays at 11:15 or Thursdays at 9:15 w/Lorraine; **\$65** per 8 week session *Take both for just \$120!

TAI CHI: Tai Chi (pronounced "Tie Chee") is a mind-body exercise from China and has its roots in martial arts. Because of it's soft, gentle movements and deep breathing it is sometimes called "Moving Meditation". Thursdays at 1:00 taught by instructors from the Oriental Healing Arts Association. **\$65** per 8 week session.

ZUMBA GOLD: Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination; **\$65** per 8 week session. (Tuesdays at 4:00 PM w/Vera)

**Drop in rate for the above classes is
\$10 per day**

Tap Dancing

Join the talented Chuck Frates for his popular Tap Dancing class on Tuesdays at 11:00 AM. This session will run for 8 weeks and the cost is \$65.00. Payment is due upon sign up and checks should be made payable to the Town of Bedford. No previous experience is required. Don't forget your tap shoes!

Pre-registration is required for all classes. Please let us know if you have any questions.

Evenings at the COA



Movie: *The Identical*

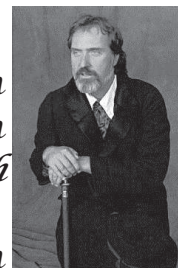
Join COA staff on Wednesday, May 6 at 6:00 PM for a viewing of *The Identical*. This movie tells the compelling story of twin brothers unknowingly separated at birth during the Great Depression. Drexel Hemsley becomes an iconic 50's rock 'n' roll star, while Ryan Wade (Blake Rayne) struggles to balance his love for music and pleasing his father. The Reverend Wade (Ray Liotta) and his wife (Ashley Judd) are sure their adopted son has been gifted and called by God to be a preacher. But Ryan challenges his parents' vision for his life, and unflinchingly chooses to launch his own music career with his best friend (Seth Green). Encouraged by his wife (Erin Cottrell) and employer (Joe Pantoliano), Ryan embarks on an unpredictable, provocative path – performing the legendary music of Drexel Hemsley in sold out venues all across the country. As the brothers' destinies tragically collide, Ryan discovers that Drexel is his identical twin which leads him to question everything he's ever believed about God, family and his own identity.

Join Diane on Wednesday May 27 for an evening of laughs! We'll be watching classic comedy this evening such as: Victor Borge, Bill Cosby: As Himself, I Love Lucy or Gallagher. Join us for light refreshments and a great show! The fun begins at 7 PM. See you there! Call ahead for details and to sign up.



Irish Voices

Stephen Collins is back on Wednesday May 13 at 6:45 pm for a performance of his *Irish Voices*.



"They call it *The Norton Anthology of English Literature* and yet many of the writers included were born in Ireland. The commonality of course is the English language but there are vast cultural differences which will be explored in this performance. A great deal of Irish writing deals with the land, the past, the church, and the changing political landscape. Yeats, Joyce, Heaney, McCourt, and other prominent writers are represented in this dramatic offering." Please call the Council on Aging at (781) 275-6825 to sign up!

Project Coyote

Tuesday May 19 at 6:30PM



Join us at the COA to welcome representatives from this compassionate organization! Please call to sign up! Project Coyote promotes educated coexistence between people and coyotes; we do this by championing progressive management policies that reduce human-coyote conflict, supporting innovative scientific research, and by fostering respect for and understanding of America's native wild "song dog."

We believe coyotes are a vital component of rural and urban communities, deserving of respect for their adaptability, resilience, and intelligence. We aim to create a shift in attitudes toward coyotes and other native carnivores by replacing ignorance and fear with understanding and appreciation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:00 Exercise 1 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble/ Line Dancing
9:00 Exercise 4 9:30 Chair Yoga 10:00 Pilates 11:15 Floor Yoga 11:45 Lunch 1:00 Poker/ Real Estate Round Table 3:00 Handcrafts 7:00 Line Dancing	9:00 Fix It Shop 5 9:30 Exercise 11:00 Dup. Bridge/Tap 12:30 OsteoFitness 1:00 Writing Group 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise/ Fix it Shop 6 10:00 Computer Club 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise/ Acupuncture 6:00 Movie 6:30 Sit 'n Stitch	8:30 Fire Breakfast 7 9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise/ Drawing 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 8 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness/ Wizard Music 1:00 Scrabble/ Line Dancing/ Nurse's Hours
9:00 Exercise 11 9:30 Chair Yoga 10:00 Pilates/ BINGO 11:15 Floor Yoga 11:45 Lunch 1:00 Poker 3:00 Handcrafts 6:30 Korea 7:00 Line Dancing	9:00 Fix It Shop 12 9:30 Exercise/ Breakfast & BINGO 10:00 SHINE 11:00 Dup. Bridge/Tap 12:30 OsteoFitness 1:00 FBCOA 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise/ Fix it Shop 13 10:00 Genealogy 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:30 Ken Pruyn 6:30 Sit 'n Stitch 6:45 Stephen Collins	9:00 Muscle Care 14 9:15 Floor Yoga 10:00 Exercise/ Drawing 11:00 Duplicate Bridge/ How to be Happy! 1:00 Current Events— Ken Gordon / Tai Chi 2:00 Computer Drop-In	9:00 Exercise 15 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble/ Line Dancing
9:00 Exercise 18 9:30 Chair Yoga 10:00 Pilates/ Science & Tech Club 11:15 Floor Yoga 11:45 Lunch 12:30 Name That Tune! 1:00 Poker/ Nurse's Hours 3:00 Handcrafts 6:30 Southeast Asia 7:00 Line Dancing	9:00 Fix It Shop 19 9:30 Exercise 10:30 Skin Cancer 11:00 Dup. Bridge/Tap 12:30 OsteoFitness 1:00 Writing Group 4:00 Zumba Gold 6:00 Coffee Hour/ Eternal Search 6:30 Project Coyote 7:30 Single Again/ Great Books	9:00 Exercise/ Fix it Shop 20 10:30 Songfest 10:00 Veterans Coffee 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 1:00 Eric Prichard 6:30 Sit 'n Stitch 7:00 Games, Cards, Pool	9:00 Muscle Care 21 9:15 Floor Yoga 10:00 Exercise/ Hearing/ 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 22 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble/ Line Dancing/ Trail Walk
CLOSED 25 Memorial Day 	WWII Museum Trip 26 9:00 Fix It Shop 9:30 Exercise 10:00 SHINE 11:00 Tap Dance 12:30 OsteoFitness 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise/ Fix it Shop 27 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch 7:00 Comedy Night	9:00 Muscle Care 28 9:15 Floor Yoga 10:00 Exercise 1:00 Current Events/ Tai Chi 2:00 Computer Drop-In	9:00 Exercise 29 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble/ Line Dancing/ Dale Tamburro



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Don't Forget These Ongoing Activities

Bingo! All are welcome on Monday May 11 at 10:00 for a chance to win token gifts.

Songfest Wednesdays at 10:30! All are welcome to join this fun and spirited group!

Play Scrabble! Do you love to play Scrabble? Then come to the COA Fridays at 1:00 to play!

Texas Hold 'Em Poker! Join the game each Monday at 1!

Handcraft Group Bring your own handcraft projects and chat on Mondays at 3:00! New members always welcome!

Play Mah Jongg! Wednesdays beginning at 11:00! All are welcome! Lessons available!

Play Duplicate Bridge! Every Tuesday and Thursdays May 14 & 28 at 11 AM.

Science & Tech Club Join us Monday May 18 at 10:00 for this exciting conversation!

Coffee Hour Meet new friends and have a cup of coffee or tea on Tuesday evenings at 6:00.

Talk to Your State Representative Ken Gordon will be at the COA on Thursday May 14 at 1:00 PM to talk with you about state issues. Bring your questions!

Are You A Federal Retiree? Rosemary Dyer is available to answer questions about your benefits. Please call the COA to arrange a meeting.

Current Events This volunteer-lead discussion keeps the topics interesting each week! The group meets on Thursdays at 1:00. All are welcome!

Genealogy Explore your family tree on Wednesday May 13 at 10:00 AM

Nom de Plume Writers Group meets the first and third Tuesdays of every month at 1 PM. Do an exercise, share your work, and get feedback! New members are always welcome!

Single Again Are you finding yourself single again as an adult 55 or older? Please join us every Tuesday evening at 7:30 for an informal discussion group.

Line Dancing with Katrina Fridays at 1 PM. The class costs \$2 (paid to instructor).

Discover Tap Dance! Chuck will have you tapping on Tuesdays at 11:00! Each 8-week session is only \$65. Don't forget your tap shoes!

Bedford-Lexington Great Books Meets in the Flint Room at 7:30 PM on **Tuesday May 19** to discuss **Zweig, Stefan**, "Amok," from *The Royal Game and Other Stories*, trans. Jill Sutcliffe, Penguin. Newcomers are always welcome!

Trips! Trips! Trips!

World War II Museum

Tuesday, May 26th at 10AM



Join us for a unique experience touring the World War II Museum in Natick. "In addition to being the most comprehensive collection of original WWII artifacts anywhere in the world, the exhibition- nearly 7,000 pieces- integrates the human, political and military stories. **It is an intense experience made more so by the fact most artifacts are not behind or under glass. Most can be touched.**" "The Museum's mission is to preserve the reality of those who fought on home fronts and battle fronts to destroy evil and to make this reality part of today's education. It is the mission of the Museum to make the lessons of the causes and events of World War II understood, and their relevance to today's events appreciated. An understanding of the future is found in the history of human events. The Museum uniquely shows the human story interwoven with the military and political events through all of the artifacts that made up life, from everyday, to the most momentous decisions during the war. Education, through the Museum's exhibitions and our Education Center, is the fundamental mission in preserving the reality of World War II."

After our visit, we will head out to the Wayside Inn for a lovely afternoon luncheon. Payment of **\$62 pp** and meal choice due at sign up.

Sign up today!

Any trips or shows
you would like to see us offer?
Contact the Council on Aging at
(781) 275-6825.
We would love to hear your ideas!

All trips depart from the Bedford Town Hall parking lot in front of the police station unless otherwise noted.



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For Your Health

Health Screenings

Nurse's Hours: On **Friday May 8** and **Monday May 18** Community Health Nurse, Joyce Cheng will be at the COA at **1:00 PM** to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

Podiatry Clinic: Friday, June 12 Dr. Bryant Tarr will be at the COA from 8-11 AM. Please call to let us know you are coming. The cost is \$25 for each treatment.

SHINE Health Benefits Help! SHINE counselors from Minuteman Senior Services will be available **Tuesday May 12 and May 26** beginning at 10 AM. Please call to make an appointment! If you cannot leave your home, they will call you.

Free Hearing Clinics: Joe Sarofeen of Apex Hearing will be here on **Thursday, May 21** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

What is Acupuncture?

Its Role in the Control of Pain Wednesday May 6 at 12.30 PM

Acupuncture is the oldest continuously practiced medical system in the world and is used by one third of the world's population as a primary health care system. It is an effective and safe method of treatment with very few side-effects. Dr. Suraja Roychowdhury, owner of Crossing Point Acupuncture and Chinese Herbal Medicine in Lexington will give an overview of acupuncture and how it can help in relieving pain from various causes.

Protect Yourself From Skin Cancer

Skin cancer is disfiguring and can be deadly. Knowing how to prevent skin cancer or detect the skin cancer in early stage will give you the greatest chance for success in its treatment. Please come to a program provided by the community health nurse Joyce Cheng, RN. You will learn the signs and symptoms of skin cancer, and ways to check your skin for suspicious changes. You will also learn ways to protect yourself from the ultraviolet radiation. Come to this informative presentation on **Tuesday May 19, from 10:30 to 11:30 AM** at the Bedford Council on Aging.



Trail Walks

Join Alissa for the first Trail Walk this spring! We'll kick things off by exploring one of Bedford's hidden gems, Fawn Lake Conservation Area. We'll explore our local flora and fauna while getting some fresh air and exercise! Last year, we were lucky enough to see the *pink lady's slippers* in bloom. This will be a ½ -1 mile walk with some uneven ground. Please wear appropriate footwear. We will meet at the Fawn Lake parking area on Sweetwater Ave. on **Friday, May 22 at 1:00 PM**. Please call the COA at (781) 275-6825 to register by May 21.

Muscle Care Clinic

With Wayne Durante, LMT

\$10 for 10 minutes

Thursdays beginning at 9:00 AM

Please call the COA for an appointment

781-275-6825

Bedford Council on Aging Services

In addition to the many educational and recreational programs offered, we offer a variety of services to older adults and their caregivers including:

- ◆ Senior service evaluation and coordination
- ◆ Senior-related crisis intervention
- ◆ Assistance in choosing housing, including assisted living and nursing facilities
- ◆ Transportation to medical appointments
- ◆ Help in obtaining public benefits
- ◆ Health benefits counseling
- ◆ Job placement through the Town and in the private sector
- ◆ Home Safety evaluations to identify potential fire, crime, falling, and other hazards
- ◆ Legal counseling by an attorney
- ◆ Tax preparation by AARP/IRS volunteers

Elder Services Coordinator, Wendy Aronson is available for consultation either in-person by appointment or by phone at (781) 275-6825. If you are a family member or caregiver of a senior, Wendy can help you access the information and resources that best suit your needs. Please do not hesitate to call!

What You Need to Know

Taking Control of Your Future



Attorney Dale Tamburro will return to the Bedford COA on **Friday, May 29 at 1:00 PM** to present a discussion on **Commonly Asked Questions in**

Elder Law. He will discuss questions like: *What is Elder Law? What are the essential estate planning documents I should know about? And If I already have some of these documents, why should I review and update them?* Please sign-up for this lecture so we know you are coming! He will also offer (free of charge) three individual 45-min. appointments beginning at 9:30. Please call the Bedford Council on Aging at 781-275-6825 to schedule your appointment or for more information!

Fire Safety Breakfast

Join Fire and Life Safety Educator Nick Anderson on **Thursday, May 7 at 8:30 AM** for a delicious pancake breakfast and information on fire safety in the home! Please call (781) 275-6825 to sign up.



Sun Safety



Seek shade from UV rays especially during midday



Cover Up to protect exposed skin



Get a Hat with a wide brim



Grab Shades that block both UVA and UVB rays



Rub On Sunscreen - at least SPF 15 or higher and both UVA and UVB protection

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SCIENCE & TECHNOLOGY CLUB

Will be meeting **Monday May 18 at 10:00 AM** to view and discuss *How We Got To Now with Steven Johnson, Episode 3: Glass.* Uncover a link between art, science, and global communication. Bring your ideas for future meetings! We would love to hear about your interests!



Estate Planning Series

On **Wednesday, May 20 at 1:00 PM**, in the second of a three part series, Attorney Eric Prichard from Brown & Brown PC will discuss estate and gift taxation on both the state and federal level. Attorney Prichard will address common misconceptions surrounding annual gifting limits and filing requirements and will also describe ways to reduce or even avoid estate taxation. In the third part of this estate planning series, which will take place in June, Attorney Prichard will discuss long-term care planning and Medicaid. We hope you will attend! Please call the Council on Aging at (781) 275-6825 to sign up.

The Need of Association and Companionship in Life
ETERNAL SEARCH FORUM
A group that discusses life in the universe
Tuesday May 19, 6 PM
Conveners: Mool Raj Mathur & Bijoy Misra
"Ambition towards Achievement"



Join us to discuss the role of elders dealing with depression. We share views... Refreshments will be provided. If you are interested in attending, please contact Bijoy Misra 617-864-5121 or Mool Raj Mathur 617-429-7095. All are welcome!

Computer Club

Meetings will continue on the 1st Wednesday of each month through the year. A round table discussion will be held on **Wednesday May 6 at 10:00 AM.**

Computer Drop-In

All are welcome!!!
 Our friendly Computer Club volunteers will be here each Thursday afternoon at 2:00 to help those with questions about any aspect of computer use.

Get Answers by Email!

Todd Crowley answers computer questions of Bedford residents by email! Simply send your questions to AskToddC@yahoo.com



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SEE
PAGE 5
FOR
DETAILS

Summer Trail Walk
series begins again!



See Page 9



Far East Lecture Series continues!
Monday May 11 & Monday May 18
See Page 1 for more information!

**TUESDAY MAY 26TH
WWII MUSEUM TRIP
DETAILS ON PAGE 7**

Meet Celeste the Rock Star
& Moonshine's Lil Candy
Saturday May 2 at Noon
See Page 2

Wednesday May 13
6:45 PM
Stephen Collins
Returns!
Irish Voices
More Details on
Page 5

What is
Acupuncture?
Its Role in the
Control of Pain
With Dr. Suraja
Roychowdhury
See Page 9

What is Elder Law?
with Attorney Dale
Tamburro
See Page 10

Estate Planning
with Attorney Eric
Prichard
Page 10 for Details

Explore our
Extensive Exercise
Program
Payment Options
Available
See Fitness News
on Page 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Exercise 9:30 Chair Yoga 10:00 Pilates 10:45 Lunch 1:00 Poker Floor Yoga 3:00 Handcrafts	9:00 Fix It Shop 9:30 Exercise 11:00 Duplicate Bridge Tap Dance 12:30 OsteoFitness 1:00 Writing Group 2:00 Computer Drop-In 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Exercise Fix It Shop 10:00 Computer Club 10:30 Songfest 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise 6:30 Sit 'n Stitch	9:00 Muscle Care 9:15 Floor Yoga 10:00 Exercise 10:00 Duplicate Bridge 11:00 Current Events Tai Chi 2:00 Computer Drop-In	9:00 Exercise 9:30 Chair Yoga 10:00 Sit 'n Stitch 11:45 Lunch 12:30 OsteoFitness 1:00 Scrabble Line Dancing	12:30 Beginner's Italian 1:00 Bridge, cards, pool 1:15 Movie *PLUS MUCH MORE EVERY DAY! See Inside for details!*

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